

Food Changes

AVOID:

- [Sugar](#) - Limiting [sugar](#) is **CRITICAL**
- [Aspartame](#) (NutraSweet or Equal)
- [Sucralose](#) - (Splenda)
- [Trans fatty acids](#) (all fried foods and margarine)
- MSG (may not be listed in ingredients)
- All artificial preservatives and chemicals, if possible

Eat More Vegetables:

- Kale, Swiss chard, collards, spinach
- Dandelion greens, green and red cabbage, broccoli
- Red and green leaf lettuce, romaine lettuce, endive
- Chinese cabbage, bok choy, fennel, celery, cucumbers
- Cauliflower, zucchini, brussel sprouts

Summary: The greener the better

AVOID:

- Iceberg lettuce: low nutritional value
- Carrots and underground vegetables
- Potatoes, beets - if you have weight problem, as they are high in sugar
- Corn
 - popcorn, chips
 - It is a grain, not a vegetable
 - any food that has it in top five ingredients
- [Most all grains](#)
- [Lower your grain intake](#)
- Chewing gum:
 - wastes digestive enzymes
 - source of sugar or artificial sweetener

Beverages:

Water Only:

- Spring water or filtered
- Well water is generally OK
- Drink water at room temperature, not chilled or iced

- Lemon juice can be added intermittently for flavor change
- Amount needed: one quart for every 50 pounds

Juices

- Freshly processed vegetable juice
- Green tea (very limited amounts as [high fluoride content](#) may cause problems)

AVOID:

- [Tap water](#)
- Softened or distilled water
- Coffee, tea, colas, diet drinks, store bough fruit juices
- [Milk, especially skim](#)
 - Get vitamin D from supplements or sun exposure
 - Get calcium from green vegetables or supplements
 - No need for children to drink any milk after age of 2 years

Protein

- **Meats**
 - [Grass Fed](#)
 - Poultry: chicken, turkey, ostrich
 - Game meats: venison, buffalo, lamb
- Eggs: organic only
- Seeds: **raw only** sunflower, pumpkin, sesame, flax
- Nuts: **raw only**: cashews, Brazil nuts, almonds, pecans, but limited quantities

AVOID:

- Pork: ham, most bacon, pork roast and chops
- Shellfish: shrimp, lobster, crabs, clams
- Peanuts
- Bananas and oranges: highly allergenic and high in sugars

Beans and Legumes

- Generally excellent but not complete protein source
- "[Eat Right For Your Type](#)" blood type selection
- Soak beans (not lentils) for 48-72 hours
- Rinsing every 12 hours
- Cook them for 8-12 hours in a crock-pot

AVOID:

- All [soy](#) unless fermented or sprouted
- Tofu, soy protein
- Only [Miso](#), tempeh and soy sprouts are acceptable

Well, What Am I Supposed to Eat?

- [Cookbook](#) can help
 - Available for \$15. This is an **electronic** cookbook that you can download to your computer.
- Menu creation is vital
- Breakfast ideas
 - Double dinner and eat leftovers next morning
 - [Organic Eggs](#), but only 3-4 times per week
 - Fresh [vegetable juice](#)

WARNING! The above diet outline will generally cause you to lose weight. If you do not want or need to lose weight you can increase the following foods: beans, squash, fruits, nuts, brown (not white) rice, millet and yams. Stop the rice and yams if your original symptoms worsen. You can also add shredded coconut to some of your meals to add calories.

Lifestyle Changes

Exercise:

- If you need to lose weight [60 minutes every day](#).

- Work up to this slowly and you can combine several periods to reach [60 minutes](#).

Sleep:

- One hour outside in sun increases melatonin
- Sleep in pitch dark to maximize melatonin
- Go to bed before 10 PM to improve adrenal function
 - every minute before midnight equal to ten after midnight
- Refer to [The Optimal Wellness Guide to a Good Night's Sleep](#)

Sunlight

- One hour of sunshine a day, preferably from 11AM-1PM
- No glasses or contacts to maximize wavelength exposure to retina
- Full spectrum lights in winter (florescent, not neodymium)

Electro Magnetic Fields

AVOID:

- Electric razors
- AC/DC transformers
- Electric blankets
- Waterbed heaters
- Automatic car door openers in pocket
- All watches unless no battery present

Drugs

- Minimize or avoid whenever possible
- Especially troublesome:
 - Antibiotics
 - Anti-ulcer drugs
 - Birth control pills or estrogen for menopause

Supplements

- Careful of most multivitamins generally not necessary
- Good bacteria (probiotics) benefit nearly all
- Avoid iron unless your serum ferritin is decreased
- If supplements smell bad to you don't use them
- Convenient way to store many supplements small fishing tackle box
- Betaine hydrochloride frequently helpful--need test

Listen To Your Body

- Any food or supplement makes you nauseous, or makes you sick in some way stop it immediately!
- Use as guide to determine what is right for YOUR body.

AVOID:

- [Microwaved food](#) and water
- [Root canals](#)
- [Fluoride](#) toothpaste, in water or treatments
- Unclean counters: use bleach or Shaklee Basic G
- [Immunizations](#)
- Non-coated aluminum cookware (Teflon coated cookware is less than optimal but is acceptable unless it is chipped. However, if you [heat the teflon to high temperatures](#) then you will liberate fluoride into the air which may cause health and environmental problems.)
- [Breathing](#) from upper chest
- Constipation
 - Need 2-3 bowel movements per day
 - Magnesium can be used if necessary
 - Low thyroid frequently problem
- Quickly eating food: chew food thoroughly
 - Antiperspirants due to aluminum
 - can wash armpits every 12 hours with soap and water

Eating Plan for Optimal Health

Wouldn't you like to have:

- More energy than you knew what to do with?
- An inexpensive alternative to drugs and surgery for your health problems?
- A guide through the confusion of all the health information out there that was backed up by peer-reviewed science?

The following time honored nutrition principles can radically improve many of your long standing health problems.

At Least One Third of Your Food Should Be Uncooked

There are valuable and sensitive micronutrients that are damaged when you heat foods. Cooking and processing food can destroy these micronutrients by altering their shape and chemical composition. Regular vegetable juicing will easily help you reach this goal of 1/3 raw food in your diet.

Eat More Vegetables

Let us first start out by describing what you can eat. **ALL vegetables promote health**, unless you are allergic to them or they cause gas or intestinal problems. It would be best to have them uncooked, but you may have to lightly steam them initially. You should eat about one pound of vegetables every day for every 50 pounds of body weight. You will need this amount of vegetables to optimize your body's pH acid/alkaline balance.

Vegetables contain phytochemicals, which are powerful natural agents to promote health. They will also help to alkalinize your system, as most of us are far too acidic. Most people benefit more from **increased vegetables** than from extra vitamins.

Replace Nearly ALL Grains With Vegetables

This is one of the keys to staying healthy. If you are not familiar with the dangers of grains please review the [Low Grain Guide to Health Page](#) of my website.

Avoiding grains is especially important if you have indications of high insulin levels, such as being overweight, having high blood pressure, high cholesterol or diabetes, you should avoid **ALL GRAINS**, including **rice, millet, spelt, oats, quinoa, teft, amaranth and grain like foods such as potatoes.**

Many people struggle with this grain restriction as I did when I first heard Dr. Crook propose it in the 80s. I used to be called Dr. Fiber in medical school and

found it incomprehensible that anyone claiming to know about health could restrict whole wheat bread.

Some people even use the bible to support the use of grains as healthy. What I have learned though is that grains are rarely beneficial if a person has high [insulin levels](#), which usually is present when you have problems like:

- **High Blood Pressure**
- **Overweight**
- **High Cholesterol**
- **Diabetes**

If you have any of these problems, in my experience grains tend to worsen your health. If one is healthy or underweight whole grains may actually promote health.

Not All Vegetables Are Created Equal.

Salads are a good start but avoid iceberg lettuce as it has minimal nutritional value compared to red leaf, green leaf, romaine and spinach are better options.

Other good vegetable include: Endive, escarole, fennel, celery, cucumbers, green and red cabbage, broccoli, Chinese cabbage, Bok Choy, cauliflower, asparagus, zucchini, brussel sprouts, kale, kohlrabi, onions, tomatoes, red peppers, and parsley are all good choices.

Dandelion greens, collards, and mustard greens are quite bitter and need to be used sparingly.

The greener the vegetable, the more good chlorophyll nutrition is present.

If you cook the harder vegetables, you may want to steam the stems separately from the leaves because they require longer cooking time. **Carrots are high in sugar** and generally should be limited.

Try to Only Purchase Organic Vegetables.

If you live in northern Illinois [check out my website](#) for an exceptional value. Organic varieties will decrease your exposure to dangerous pesticides.

Additionally, they have two to five times more nutrients as compared to non-organic vegetables. Most people agree that they also **taste much better**.

Keep Your Vegetables Fresh

If you are unable to obtain organic vegetables, you can rinse non-organic vegetables in a sink full of water with 4-8 ounces of distilled vinegar for 30 minutes, or use the [solution](#) described at the end of this article.

Please be sure and squeeze as much air as you can out of the bag that holds the vegetables and then seal it. The bag should look like it is **vacuum-packed**.

I do this by holding the bag against my chest and running my arm over the bottom of the bag to the top, which bleeds the air out of the bag.

This will double or triple the normal storage life of the vegetables.

What Am I Supposed to Eat?

I have treated thousands of patients with these lifestyle suggestions and the most common response I used to receive is: "Well, what am I going to eat?"

My staff has compiled a [257 page cookbook](#) that you can purchase for only \$15 over your computer. Because you download it to your computer you receive the book immediately and there are no shipping or handling charges.

Breakfast is a particularly hard choice. My first recommendation and strong encouragement is to use the [vegetable juicing program](#).

My recommendation for lunch is to make your own and avoid the restaurants. A salad with some animal protein generally works well for most. You can use a wide mouthed quart Mason or Ball jar and put the salad dressing, extra virgin olive oil works best, on the bottom of the jar. If you like hot peppers, giardinara works particularly well.

Then add the animal protein, like chicken, turkey, beef or eggs on top of that. Then add the vegetables on top of the meat. The meat tends to be a barrier with the dressing and the vegetables thus keeping them nice and fresh. When you empty the jar the dressing will be on top of the salad just like it should be.

If you work it helps to prepare your lunch before you go to bed so it is all ready to fly out the door with you in the morning. Keep it refrigerated over night, but normally the jar does not need to be refrigerated at work if you will be eating it within 4-6 hours after taking it out of the fridge.

Your Secret Key To Radiant Health

Freshly processed vegetables juices will

- Alkalinize and rebalance your body's pH
- Increase your energy level
- Help improve your immune system
- Heal and prevent chronic diseases

You can view my [Vegetable Juicing Page](#) for complete details on how to juice vegetables to increase your health.

You will want to consider a higher quality juicer. I have thoroughly researched this topic and you can view my [free report](#) for further information on how to select a high quality juicer.

Water and Beverages

Your exclusive beverage should be water. [Bottled spring water](#) (not drinking water) is good, but it is expensive and has a [negative impact on the environment](#). Reverse osmosis will remove virtually all [problems from the water including fluoride](#). Carbon filtered water works well but does not remove fluoride.

Please be aware that nearly all of Europe used to add fluoride to their water supply, but after they studied the issue more carefully, they decided to remove it.

Try not to purchase the one-gallon cloudy plastic (PVC) containers from your grocery store as they transfer far **too many chemicals into the water**. The five-gallon containers and the clear bottles (polyethylene) are a much better plastic and will not give the water that awful plastic taste.

You can add lemon juice occasionally to your water to help flavor it and normalize your body's pH if it is too acidic. However, be careful not to use the lemon juice continuously or you run the risk of developing an allergy to it.

Do not drink tap water!

Chlorine is a toxic chemical and should not be consumed in large quantities. Britta filtered water costs approximately **24 cents per gallon**. However, standard filters are a more effective solution that will bring the cost down to 1-2 cents per gallon.

You can obtain them locally from Home Depot or Coast Filtration (800-542-6723). Consumer Reports (October 1999) selected Culligan as a far better choice than Britta filters (Walgreen's has them for \$24). They simply screw directly into your current faucet and only take a few minutes to install. However, please recognize nearly all carbon filters will not remove fluoride from your water supply.

If you have a water softener, you need to divert the softened water away from the kitchen tap to a reverse osmosis system. Avoid [distilled water](#) as it has the wrong ionization, pH, polarization and oxidation potentials. It will also **drain your body of minerals**.

Green tea has been promoted as being healthy, but [recent studies have shown it to be elevated in fluoride](#).

Most of us **do not drink enough water**. The general rule is one quart of water for every fifty pounds of body weight. Drinking enough water is one of the simplest, basic, and important health steps you can do.

It will also be important to sip the water all day long. Depending on your size, your body can only process a bit more than a glass of water per hour. If you drink much more than this at one sitting, the extra water will not be used, but merely flushed down the toilet bowl. **So keep your water bottle with you all day long** and you can confirm precisely how much water you have consumed.

Most people do not recognize that their shower is a significant source of chlorine exposure. It would be best to put a filter on your showerhead. If you take a bath, fill it up from the shower. The filters are \$29 (part #181128) at 800-642-2112. These are probably not necessary if you obtain your water from a well. Remember, you should have a **reverse osmosis system** for your drinking water if you have a water softener.

Avoid Coffee

Most people recognize that **coffee is not the best fluid to drink**.

Coffee beans are frequently grown outside of this country and have limited U.S. Agriculture controls on the amount of pesticides that are used.

Coffee will interfere with your cell's ability to incorporate water effectively, so it is clearly something you want to eliminate in the long run.

Coffee has been shown to raise cholesterol, worsen your insulin control, contribute to rheumatoid arthritis and stroke, damage your blood vessels and increase risk of heart disease, and also contribute to miscarriage.

If you are struggling with the food changes, you can leave off the coffee as one of your last changes, but stopping coffee should clearly be one of your goals.

Coffee should never be consumed if you are **pregnant, or have high blood pressure, insomnia, or anxiety.**

Healthy Fats

Fatty acids play critical roles in human health and disease. Cell membranes (all cells) are composed of a double layer of fats.

Your brain is about 60% fat and the fats you eat strongly influence the ability of your cell membranes and your brain to function. Omega-3 fats, DHA and EPA, are essential to brain and nerve function.

Some nutritional anthropologists believe the human brain would not have developed as it did without access to high levels of DHA found in fish and wild game.

Just two generations of high omega-6 and low omega-3 fats can lead to profound changes in brain size and function.

In cell membranes omega-3 fats improve your cell's response to insulin, neurotransmitters and other messengers. They also facilitate repair when cells are damaged.

On the other hand, omega-6 fats contribute to insulin and membrane resistance, altering mood, and impaired learning and cell repair.

Recent research has shown that it is critically important and the amount of **omega-6 fats** in the American diet is dramatically reduced and **omega-3 fats** increased. To do this you will need to **avoid all vegetable seed oils.**

The ratio of omega-6 to omega-3 fats in the U.S. diet is somewhere between 25-50:1. The ideal ratio is somewhere between 3-1:1, and possibly as low as 1:1.

Please understand that it is not only necessary to take omega-3 fats, but it is every bit as important to lower omega-6 fats. If you don't lower your omega-6 fats low enough, your omega 6:3 ratio will not be low enough and you will not receive many of the wonderful benefits of omega-3 fats such as reduced risk of hear

disease, cancer, stroke, Alzheimer's, arthritis and nearly all degenerative illnesses.

My personal preference for omega-3 is good quality cod liver oil. You might cringe at this recommendation, but that is only because many brands of cod liver oil contain rancid and spoiled fats that make them taste bad.

I have observed that most people find that Carlson's Cod Liver Oil smells fresh and does not have a bad taste. They have a lemon-flavored product that tastes like lemon melted butter.

Most of us can safely take up to one teaspoon for every 25-40 pounds of body weight during the winter, early spring and late fall months.

Vitamin D

Vitamin D is particularly important for all of us not drinking milk during the winter, as **sunlight is the single most important source of natural vitamin D.**

The vitamin D content of cod liver may cause problems if you have significant sun exposure during the summer months or if you live in latitudes closer to the equator.

This is a very tricky topic as there are many complex variables involved and you may actually need to measure blood levels of vitamin D.

If you have any questions I would suggest reading my [comprehensive explanation](#) of sunshine and the importance of vitamin D testing.

If, for whatever reason, you are unable to take cod liver oil, you will need to consider another source of omega-3 fat.

One option would be to obtain a high quality fish oil capsule. Standard sizes are 180 mg of EPA and 120 mg of DHA. The normal daily dose is one capsule for every 10 pounds of body weight.

So if you were a 200 pound male, you would need 20 capsules a day. You can take them between meals to balance out your insulin levels.

Probably the least expensive and highest quality fish oil capsules are obtained at Costco. Their Kirkland store brand has 300 capsules for under \$8. As far as I can discern, the Kirkland fish oil has virtually no mercury or PCBs.

There are tricks that you can use to help find other good brands. You can tell high quality fish oil by biting into the capsule. If there is a strong “fishy” odor, it is likely the fat is rancid and should be avoided. Costco’s brand passes this test with flying colors. They are such a large distributor that their product doesn’t sit on their shelf for very long.

The price is phenomenal and is about 75% below my wholesale cost for most professional brands of EPA.

If you have dry skin and the cod liver oil and elimination of wheat is not helping, please be sure and add evening primrose oil capsules, as it tends to balance the omega three oil. You can use up to six 1300 mg capsules a day for an adult.

Another source of omega 3 is flax. Although flax has omega-3 fats, it is not nearly as good as fish oil. Most older people, and many people with insulin resistance, fail to convert the ALA in flax oil to the far more beneficial EPA and DHA fatty acids.

Most people do NOT tolerate flax oil well; but **whole flaxseeds**, which can be purchased at the health food store and then grind up in a food processor or **coffee grinder**, can be used.

You can mix it in with your salad or vegetables as it has a nutty taste.

Another way you can receive the necessary omega-3 fats is eating meat that is allowed to “free-range.” Most wild game fit this description, but that is not readily available for most us. So grass-fed beef or poultry are reasonable options. Range-fed poultry is available from most health food stores or local farmers growing chickens.

You must also be careful when purchasing grass-fed beef at most stores. Many advertised grass-fed beef is not. ALL cattle are grass fed, but the key is what they are fed the months prior to being processed.

Most all cattle are shipped to giant feed lots and fed corn to fatten them up. You will need to call the person who actually grew the beef, NOT the store manager, to find out the truth. The least expensive way to obtain authentic grass fed beef would be to find a farmer who is growing the beef who you can trust and buy a half a side of beef from him. This way you save the shipping and also receive a reduced rate on the meat.

An inexpensive, yet effective way to determine if the meat is really from a grass fed animal is to purchase the ground beef. Slowly cook the beef until done, drain and then collect all the fat. Grass fed beef is very high in omega-3 fats and much lower in saturated fats.

The fat will be relatively thin compared to traditionally prepared ground beef. It will also be a liquid at room temperature as it has very few saturated fats, which are mostly solid at room temperature.

However, most of us live in large urban areas and do not have the time for this process. Just as it would be ideal to have an organic garden and grow your own vegetables, most of us elect not to do that due to time or space limitations.

I used to have an organic garden, but my schedule just would not allow me to have that luxury anymore. So, if you are convinced, like I am, that grass-fed beef is better for you and you would like the convenience of being able to order it over the Net, you can buy grass-fed beef online, shipped overnight to your door, at [Grassfed Organics](#).

Listen To Your Body

This is one of the most important principles in this series of recommendations. **If ANY food or supplement** that is recommended by me, or anyone else, makes you nauseous, or makes you sick in some way, listen to your body and stop it immediately!

Your body will always provide you with a **better indication** of what is good for you as compared to some recommendation based on scientific literature. God gave you the perfect instrument to understand if these changes will help or hurt you, please use it.

Balance Meals

Foods are carbohydrates, protein or fat. You should seek to balance every meal or snack with approximately equal portions of every group. You can take several fish oil capsules with a piece of fruit or vegetable to better balance your snacks. The omega-3 fats in the fish oil will help you from getting hungry.

WARNING . . .

In order to fully implement the suggested changes, it helps to make an agreement to read this material word for word every day for two weeks. The suggested lifestyle changes in this handout may seem overwhelming the first time you read through them. It will be helpful to invite a spouse or friend to

participate with you so that they can provide you with a level of support around your efforts to apply the program.

My chief therapist, Jody, has compiled an excellent series of steps you can apply to practically develop goals to implement the program. The goals are taken from one of my all time favorite books, [Maximum Achievement](#) by Brian Tracy.

In the summer of 2001 I started implementing Gary Craig's [Emotional Freedom Technique](#) (EFT) to resolve the emotional food cravings and our results have dramatically improved. I now teach nearly every new patient how to do EFT on his or her first visit. If you are like most people and struggle with food cravings or if you think you might have problems following this program please read my review of [EFT Main Page](#).

In December of 2001 I conducted an EFT workshop at my local hospital, St. Alexius in Hoffman Estates, IL. That course is now [available on videotape](#) and may be a wonderful tool to help you implement this program.

Although this nutritional program produces immediate benefits in everyone. I have found that it is necessary, but not necessarily sufficient for everyone.

Healing is frequently quite complicated. However, I find that there are four pillars of healing. If the nutritional program is not working, then the other pillars need to be addressed.

- **Biochemical (Nutritional)**
- [Structural](#)
- **Spiritual**
- [Emotional](#)

These changes are quite counter-cultural and you will need much support to successfully implement them. I would advise large doses of regular prayer as many of our patients have found this useful. If you happen to develop a new symptom or problem after beginning any of these recommendations, you should listen to your body and postpone implementing that change because your body may be unable to tolerate it at this time.

Basic Principles

The restrictions are listed in order of importance. Start from the top and work your way down. Strict food rotation is not necessary, but you should not have the same food more than five days a week since this will increase your risk of developing sensitivity to that food. Sugar is one exception that seems to seriously

impair most people's health and we recommend to permanently limit its use as much and as quickly as possible.

It is important to **never** have the same food every day of the week, no matter how healthy the food is.

Implementing this program will be a challenge. It is currently not accepted in our culture and you will stand out. Additionally most of us have **powerful emotional ties to food**. Many of my patients have found regular prayer and [EFT](#) as two of the most potent resources in implementing this very challenging program.